



Meeting Your Needs. At Home. At Sea.

Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

13 July 1300-1500

Parenting 2-12

14 July 0900-1100

Stress Management

14 July 1130-1330

Anger Management

15 July 0730-1530

Preparing to become a Single Parent

16 July 0800-1600

Newcomers Finance

19-23 July 0800-1600

CFS Training

(Command Financial Specialist)

20 July 0900-1200

Marketing for a Second Career

22 July 0900-1200

*****Myers-Briggs Career Assessment**

22 July 1200-1500

Meet the Employer

27-30 July 0730-1530

****SAVI Training**

(Sexual Assault Victim Intervention)

*** Must Attend all classes in order to be certified.*

**** Participants must schedule an appointment a minimum of one week prior to the workshop to take the Myers-Briggs*

The Quarterdeck July 2004



Join Anacostia Navy Fleet and Family Support Center (FFSC) and friends on 22 July from 1100-1300 to celebrate our 25 years of service to Navy personnel and families and retirees.

Usage of Navy Fleet and Family Support Center (FFSC) services is at an all-time high as The Center marks its 25-year anniversary of serving Sailors and their families. The Center offers a variety of services for sailors and their families. Everything you need for relocation assistance, deployment support. Are you looking to buy a new home? From counseling to new parent support, the Center provides a plethora of benefit-free services. This is just a short list of services and classes offered at FFSC in Washington, DC.

Join us and our friends for a cookout, a little sun and fun, cold drinks and tour our center, 22 July 04 at 1100-1300 Building 72, Anacostia Annex.

Meet members of the FFSC staff at various locations around the Metro area:

National Naval Medical Center (Bethesda Hospital)
Bldg. 8, 2nd floor, Room 2189 (next to PSD).
(301)295-4120. Wednesdays

Joint Military Assistance Center (JMAC)
Pentagon Office
Room 2-D-173 (next to the dry cleaner)
(703)692-7735. Tuesdays,

You are always welcomed to visit us at the Anacostia Annex, Bldg 72 (flag pole in front) 2767 Watson Road, SW, Suite 101. Give our office a call at (202) 433-6151, Monday thru Friday, 0700-1600.



FFSC Marks 25th Anniversary With Record Numbers Fleet and Family Support Public Affairs

MILLINGTON, Tenn. - Usage of U.S. Navy Fleet and Family Support Center (FFSC) services is at an all-time high as The Center

marks its 25-year anniversary of serving Sailors and their families.

Navy Personnel Command released The Center's 2003 utilization figures, which show more than 4.3 million service contacts at the 55 FFSCs worldwide - a 16.8 percent increase over the previous year and a two-year increase of 35.7 percent.

Navy Personnel Command officials attribute the increased usage to the impact of the war on terror on Navy families and to changes in service delivery at The Centers.

"We are noticing a lot more folks soliciting information from us to deal with extended absence on the home front," said Captain Mary Ann Margosian, director of Navy Personnel Command's Fleet and Family Support Division. "We also have a lot of family members taking care of military children on their own. We've reached out to those families and the schools to talk about what deployment means."

Though the war on terror has impacted usage of The Center's various programs, The Center has streamlined delivery of services, dispatching some 75 Return & Reunion teams to sea during a two-month period alone last year and adding online features such as the new Navy OneSource information and referral system (www.navyonesource.com).

Margosian also credits Center staff for ramping up outreach efforts to Sailors and their families from base to base and responding to their needs. Service members are increasingly aware that The Center offers much more than free counseling and information and referral. Utilization of The Center's Spouse Employment Assistance Program and New Parent Support Program, for example, is up 68.5 percent and 69 percent respectively over the past two years.

"FFSCs continue to evolve. I've said that from Year One, and here we are coming up on 25," said Anita Keegan, on staff when the first FFSC opened its doors in Norfolk, Va., in July 1979 and now administrative services coordinator for the Hampton Roads FFSCs. "I still enjoy hearing, 'I had no idea you did that.'"

Today The Center offers 67 delivery sites worldwide and 14 core programs for single and married Sailors alike, including services that help them balance their budgets (Personal Financial Management), move to a new base (Relocation Assistance Program) and make the transition to civilian life (Transition Assistance Management Program).

"I think over time the value of the support programs that are offered in the Navy cannot be overestimated," Margosian said, citing for example the Sexual Assault Victim Intervention (SAVI) program that has become a model for the other services.

"The military is a very arduous lifestyle. That cannot be denied. We ask a lot of our Sailors," Margosian said. "And we offer them something in return. When they have problems or need resources to enhance their careers or family life, we have an avenue for them."

Perhaps most significant, the FFSC has established itself as a model for crisis response and a go-to organization during times of tragedy. The Center played a key role in relief efforts for families of the USS Iowa in 1989 and USS Cole in 2000. Arguably the Center's finest hour came in the aftermath of the Sept. 11 terrorist attacks, setting up a Family Assistance Center and 24-hour crisis line at The Pentagon.

Several foreign navies have sent delegations to the U.S. or requested material to study the FFSC, including Australia, Canada, Great Britain, Russia and Turkey.

"I know that other nations provide some level of support to their Sailors and families," said veteran FFSC staffer Keegan, who participated in The Pentagon relief effort. "But when their representatives come to this country, we are usually considered the model. We've been the innovators with much of this."

Margosian acknowledged that there are still many Sailors who have never been inside an FFSC - especially singles who may not be aware of the career-enhancing resources and self-help classes available at The Center. On the 25th anniversary of the program, she invites them to check out The Center and see how far their benefits go.

"Many folks don't get information about the FFSC until it's too late or until it's time to take a TAP [Transition Assistance Program] class," Margosian said. "Even if you don't have a family, go in there. Know what tools are in your toolbox."

The FFSC provides operational, mobility and counseling support to service members and their families, helping them adapt to Navy life. FFSC services are a benefit free to all service members, single or married, including activated Reservists, retirees and Department of Defense civilians in overseas locations.

For more information about the FFSC visit us on the Web at <http://www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm>, or call us at 202-433-6151 or toll free 1-866-557-4410.



***The Fleet & Family Support Center
is located on the
Anacostia Annex,***

Bldg. 72, 2767 Watson Road. SW,

Phone: 202-433-6151, DSN 288-6151

Toll Free 1-866-557-4410

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